

MAY 2020

CALENDAR OF EVENTS

“Staying Engaged and Advancing Your Career as a Remote Employee”

Thursday, May 7 / 11 a.m. to noon

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048508&oneClickLearningON=true>

Working remotely has many advantages for both the employer and the employee. It's important that anyone working remotely understands ways to maximize those advantages and yet not be forgotten when looking to advance a career. Working remotely is not about eliminating the cost of day care or pet care, and not about the ability to do household chores during the week.

Although the setting may be different, remote employees are expected to put in the same hours as those in the office. This workshop is designed to provide you with steps for maximizing productivity, being engaged and recognized, and contributing to the organization remotely.

<https://attendee.gotowebinar.com/register/3212928413930207755>

“Resiliency: Bouncing Back After a Setback”

Tuesday, May 12 / 8-9 a.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048509&oneClickLearningON=true>

Certain individuals appear to succeed against all odds. Despite severe hardships such as living through war, witnessing the death of a loved one, having a chronic illness, being a victim of abuse, or dealing with unemployment, certain people not only adapt but thrive. These people possess a quality known as “resilience.” This workshop will examine the characteristics of resilience and discover ways to introduce greater resilience into our lives.

<https://attendee.gotowebinar.com/register/1234843223886783243>

“Communicating Without Conflict With Your Significant Other”

Wednesday, May 13 / 1-2 p.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048510&oneClickLearningON=true>

Communication is the cornerstone of all relationships. It reinforces trust and acts as a method by which you can share your problems, frustrations, fears, anxieties, hopes and successes. Conflict is a part of life and exists in relationships. In fact, a relationship with no apparent conflict may be unhealthier than one with frequent conflict. Conflicts are critical events that can weaken or strengthen a relationship.

<https://attendee.gotowebinar.com/register/5508851629238131211>

“Coping During Uncertain Times”

Tuesday, May 19 / Noon to 1 p.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048512&oneClickLearningON=true>

People have a powerful need to understand and predict their environments in order to feel in control. When we are exposed to potential threats to our well-being, we naturally respond to this uncertainty with anxiety and fear. This training will address ways of effectively coping with uncertainty in today's media-saturated world. This course will examine how to remain positive and functional despite the risks of living in a changing world. Included will be practical tips for coping with uncertainty, re-establishing control and how to speak to children about fear.

<https://attendee.gotowebinar.com/register/3062518521785369611>

“Becoming a Better Listener”

Wednesday, May 20 / 2-3 p.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048513&oneClickLearningON=true>

Statistics show that people remember only half of what they hear, even moments after they've heard it. Surprising? The fact is, while most of us like to think we're good listeners, almost everyone needs to improve their listening skills. This workshop offers a fresh approach to this common problem.

<https://attendee.gotowebinar.com/register/8892981293765270027>

“Drinking Responsibly”

Thursday, May 21 / 11 a.m. to noon

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048514&oneClickLearningON=true>

Many people engage in moderate social drinking. Research into drinking suggests many health benefits associated with moderate consumption. However, about a third of the population will drink heavily and/or engage in what is called binge drinking or drinking to intoxication. This course is about drinking responsibly. The training addresses problems associated with binge drinking, ways to recognize problem drinking patterns, and how to drink more responsibly. The course will explore common myths associated with drinking and provide participants with resources for getting help for alcohol use problems.

<https://attendee.gotowebinar.com/register/8772868444523753227>

“Living With Change”

Tuesday, May 26 / 9-10 a.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048515&oneClickLearningON=true>

Whether you are going back to school, changing careers, starting a family, or retiring, change brings both opportunities and turmoil. In today's fast paced world, change has become a constant. Even when we can see the advantages of change, it can be hard to say goodbye to what's changing. This workshop will provide you techniques to deal effectively with change.

<https://attendee.gotowebinar.com/register/6756543339522080271>

“Eating Healthy on a Budget”

Wednesday, May 27 / 1-2 p.m.

Webinar

<http://talent.houstontx.gov/Saba/Web/COH/goto/RegisterCatalog?offeringId=class000000000048516&oneClickLearningON=true>

No matter what your financial situation is, everyone looks for ways to cut down on their grocery bills. Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy, nutritious foods.

<https://attendee.gotowebinar.com/register/1507215343719158795>

NOW AVAILABLE: COVID-19 Digital Toolkit!

This toolkit is full of useful information to help cope with the current COVID-19 crisis. Included are recordings of the live webinars in multiple languages, documents to help with stress, isolation, family relations, etc., and tips to stay safe and healthy.

<https://pages.e2ma.net/pages/1807892/21917>